

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT

State: WYOMING

AMOUNT, DURATION AND SCOPE OF MEDICAL AND REMEDIAL CARE AND
SERVICES PROVIDED

EXPLANATION OF LIMITATIONS

13d. REHABILITATIVE SERVICES – MENTAL HEALTH & SUBSTANCE ABUSE

Outpatient mental health and substance abuse treatment services are provided to all Medicaid recipients based on therapeutic necessity. Covered services are mental health rehabilitative services recommended by a physician, psychologist, advanced practitioner of nursing, or other licensed practitioner of the healing arts, pursuant to 42 CFR 440.130(d). Medicaid reimbursement for these services will not duplicate payments made to other public agencies or private entities under other program authorities for this same purpose.

Licensed and certified practitioners include:

- Licensed clinical psychologist, psychological resident or psychological practitioner as defined by Wyoming State Statute-Title 33, Chapter 27, and the Wyoming State Board of Psychology.
- Licensed Advanced Practice Registered Nurse (specialty area of psychiatric/mental health), as defined by Wyoming State Statute-Title 33, Chapter 21, and the Wyoming State Board of Nursing.
- Licensed Professional Counselor; Licensed Clinical Social Worker; Licensed Marriage and Family Therapist; or, Licensed Addictions Therapist as defined by the Mental Health Professions Licensing Board pursuant to Wyoming State Statute.

Mental health rehabilitative services are also covered for certain practitioners (acting within the scope of their licensure or certification) when they are supervised by a physician, licensed psychologist, or licensed mental health practitioner.

The following practitioners are included under the supervisory arrangement listed above:

- Provisionally licensed mental health or substance abuse practitioner practicing under the supervision of a qualified clinical supervisor as defined by the Mental Health Professions Licensing Board pursuant to Wyoming State Statute.

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- Certified Social Worker (CSW) or a Certified Mental Health Worker (CMHW) who is certified by the Mental Health Professions Licensing Board pursuant to Wyoming State Statute.
 - Certified Addictions Practitioner (CAP) who has received a baccalaureate degree in a human resource discipline or a baccalaureate level equivalency in addiction therapy and is certified by the Mental Health Professions Licensing Board pursuant to Wyoming State Statute.
 - Certified Addictions Practitioner Assistant (CAPA) who has completed two hundred seventy (270) contact hours of education and training in alcoholism and drug abuse or related counseling subjects that meet the academic and training content standards established for certification by the Mental Health Professions Licensing Board pursuant to Wyoming State Statute.
 - Mental Health Assistant (MHA) who has achieved a bachelor's degree in a human relations discipline as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs who is working under the documented, scheduled supervision of a licensed mental health professional.
 - Mental Health Technician (MHT) who has a GED, a high school degree, or a higher degree in an other than human relations discipline as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs who is working under the documented, scheduled supervision of a licensed mental health professional.
 - Certified Peer Specialist (CPS) who has a GED or high school degree and meets the criteria and supervision requirements of a MHT as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs, is certified by the Mental Health and Substance Abuse Services Division of the Wyoming Department of Health and who is working under the documented, scheduled supervision of a licensed mental health professional.

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Allowable services include:

- Clinical Assessment - Contact with the recipient (and collaterals as necessary) for the purposes of completing an evaluation of the recipient's mental health and/or substance abuse disorder(s) to determine treatment needs and establish a treatment plan. This service may include psychological testing if indicated. This service is 15 minutes per unit.
- Agency or Office-based individual/family therapy services - Therapeutic contact, within the provider's office or agency, with the recipient and/or collaterals for the purpose of developing and implementing the treatment plan for an individual or family. This service is targeted at reducing or eliminating specific symptoms or behaviors which are related to a recipient's mental health or substance abuse disorder as specified in the treatment plan. Services provided to family members must be for the direct benefit of the Medicaid recipient. This service is 15 minutes per unit.
- Community-based individual/family therapy services - Therapeutic contact, outside of the provider's office or agency, with the recipient and/or collaterals for the purpose of developing and implementing the treatment plan for an individual or family. This service is targeted at reducing or eliminating specific symptoms or behaviors which are related to a recipient's mental health or substance abuse disorder as specified in the treatment plan. Services provided to family members must be for the direct benefit of the Medicaid recipient. This service is 15 minutes per unit.
- Group Therapy – Therapeutic contact with two or more unrelated recipients and/or collaterals as necessary for the purpose of implementing each recipient's treatment plan. This service is targeted at reducing or eliminating specific symptoms or behaviors related to a recipient's mental health and/or substance abuse disorder(s) as identified in the treatment plan. This service is 15 minutes per unit.
- Psychosocial Rehabilitation-Therapeutic contact with two or more recipients (and collaterals as necessary) for the purpose of providing a preplanned, structured program of community living skills training which addresses functional impairments and/or behavioral symptoms related to a recipient's mental and/or substance abuse disorder(s) to slow deterioration, maintain or improve community integration, to ensure personal safety and wellbeing, and to reduce the risk of or

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duration of placement in a more restrictive setting including a psychiatric hospital or similar facility. Services provided to family members must be for the direct benefit of the Medicaid recipient. This service is 15 minutes per unit.

- Individual Rehabilitative Services-Therapeutic contact with enrolled recipients (and collaterals as necessary) for the purpose of implementing that portion of the treatment plan targeted to restoring basic skills necessary to function independently in the home and the community in an age-appropriate manner and for the purpose of restoring those skills necessary to enable and maintain independent living in the community in an age appropriate manner, including learning skills in use of necessary community resources. Individual rehabilitative services assist with the restoration of a recipient to his or her optimal functional level. This service is targeted at reducing or eliminating specific symptoms or behaviors related to a recipient's mental health and/or substance abuse disorder(s) as identified in the treatment plan. Services provided to family members must be for the direct benefit of the Medicaid recipient. This service is 15 minutes per unit.
- Certified Peer Specialist Services-Therapeutic contact with enrolled recipients (and collaterals as necessary) for the purpose of implementing the portion of the enrolled recipient's treatment plan that promotes the recipient to direct their own recovery and advocacy process or training to parents on how best to manage their child's mental health and/or substance abuse disorder to prevent out-of-home placement; to teach and support the restoration and exercise of skills needed for management of symptoms; and for utilization of natural resources within the community. Services are person centered and provided from the perspective of an individual who has experience with the mental health and/or substance abuse system to assist the recipient and their family with meeting the goals of the recipient's treatment plan. This service is targeted at reducing or eliminating specific symptoms or behaviors related to a recipient's mental health and/or substance abuse disorder(s) as identified in the treatment plan. Services provided to family members must be for the direct benefit of the Medicaid recipient. This service is 15 minutes per unit.
- Comprehensive Medication Services- Assistance to recipients by licensed and duly authorized medical personnel, acting within the scope of their licensure, regarding day-to-day management of the recipient's medication regime. This service may include education of recipient's regarding compliance with the prescribed regime, filling pill boxes, locating pharmacy services, and assistance managing symptoms that don't require a prescriber's immediate attention. This

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service is separate and distinct from the medication management performed by physicians, physician's assistants and advanced practitioners of nursing who have prescriptive authority. This service is 15 minutes per unit.

The following rehabilitative services are allowable when provided by the practitioners listed below:

- Licensed clinical psychologists, psychological residents or psychological practitioners as defined by Wyoming State Statute-Title 33, Chapter 27, and the Wyoming State Board of Psychology.
- Licensed Advanced Practice Registered Nurses (specialty area of psychiatric/mental health), as defined by Wyoming State Statute-Title 33, Chapter 21, and the Wyoming State Board of Nursing.

Allowable services for these duly authorized and licensed practitioners include the following procedures as described in the American Medical Association's *Current Procedural Terminology* (latest edition) within the allowable scope of their practice:

Psychiatric Diagnostic or Evaluative Interview Procedures

Psychiatric Diagnostic or Evaluative Interview Procedures as defined in the Certified Procedural Terminology (CPT) manual including a history, mental status, and a disposition, and may include communication with family or other sources. In certain circumstances other informants will be seen in lieu of the recipient. All services are provided for the direct benefit of the Medicaid recipient.

- Psychiatric Diagnostic interview examination
- Interactive psychiatric diagnostic interview examination using play equipment, physical devices, language interpreter, or other mechanisms of communication

Psychiatric Therapeutic Procedures

Psychotherapy is the treatment for mental illness and behavioral disturbances in which the clinical establishes a professional contract with the recipient and, through definitive therapeutic communication, attempts to alleviate the emotional disturbances, reverse or change maladaptive patterns of behavior, and encourage personality growth and development. The codes for reporting psychotherapy are divided into two broad categories: Interactive Psychotherapy; and Insight Oriented, Behavior Modifying and/or Supportive Psychotherapy.

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Interactive psychotherapy is typically furnished to children. It involves the use of physical aids and non-verbal communication to overcome barriers to therapeutic interaction between the clinician and a recipient who has not yet developed, or has lost, either the expressive language communication skills to explain his/her symptoms and response to treatment, or the receptive communication skills to understand the clinician if he/she were to use ordinary adult language for communication.

Insight oriented, behavior modifying an/or supportive psychotherapy refers to the development of insight or affective understanding, the use of behavior modification techniques, the use of supportive interactions, the use of cognitive discussion of reality, or any combination of the above to provide therapeutic change.

Office or other Outpatient Facility - Insight Oriented, Behavior Modifying and/or Supportive Psychotherapy

- Individual psychotherapy, approximately 20 to 30 minutes face-to-face with the recipient with or without medical evaluation and management services
- Individual psychotherapy, approximately 45 to 50 minutes face-to-face with the recipient with or without medical evaluation and management services
- Individual psychotherapy, approximately 75 to 80 minutes face-to-face with the recipient with or without medical evaluation and management services

Interactive Psychotherapy

- Individual psychotherapy, approximately 20 to 30 minutes face-to-face with the recipient with or without medical evaluation and management services
- Individual psychotherapy, approximately 45 to 50 minutes face-to-face with the recipient with or without medical evaluation and management services
- Individual psychotherapy, approximately 75 to 80 minutes face-to-face with the recipient with or without medical evaluation and management services

Other Psychotherapy

- Psychoanalysis, per hour
- Family psychotherapy (without the recipient present) for the purpose of the recipient's treatment needs, per hour. Services provided to family members must be for the direct benefit of the Medicaid recipient.
- Family psychotherapy (conjoint psychotherapy, with recipient present), per hour. Services provided to family members must be for the direct benefit of the Medicaid recipient.

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- Multiple-family group psychotherapy for the purpose of the recipient's treatment needs, per hour. Services provided to family members must be for the direct benefit of the Medicaid recipient.
 - Group psychotherapy (other than of a multiple-family group), per hour
 - Interactive group psychotherapy, per hour

Other Psychiatric Services or Procedures

- Pharmacologic management, including prescription, use, and review of medication with no more than minimal medical psychotherapy, per instance
- Electroconvulsive therapy, per seizure (includes necessary monitoring)
- Psychiatric evaluation of hospital records, other psychiatric reports, psychometric and/or projective tests, and other accumulated data for medical diagnostic purposes, per hour
- Interpretation or explanation of results of psychiatric, other medical examinations and procedures, or other accumulated data to family or other responsible persons, or advising them how to assist recipient, per 15 minutes
- Preparation of report of recipient's psychiatric status, history, treatment, or progress (other than for legal or consultative purposes) for other physicians or agencies, per 15 minutes

Central Nervous System Assessments/Tests (e.g., Neuro-Cognitive, Mental Status, Speech Testing)

The following codes are used to report the services provided during testing of the cognitive function of the central nervous system. The testing of cognitive processes, visual motor responses, and abstractive abilities is accomplished by the combination of several types of testing procedures. It is expected that the administration of these tests will generate material that will be formulated into a report.

- Psychological testing, per hour of the psychologist's or physician's time, both face-to-face time with the recipient and time interpreting test results and preparing the report
- Psychological testing, with qualified health care professional interpretation and report, administered by technician, per hour of technician time, face to face
- Psychological testing, administered by a computer, with a qualified health care professional interpretation and report
- Assessment of aphasia with interpretation and report, per hour
- Developmental testing; limited, with interpretation and report
 - Extended with interpretation and report

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- Neurobehavioral status exam, per hour of the psychologist's or physician's time, both face-to-face time with the recipient and time interpreting test results and preparing the report
 - Neuropsychological testing, per hour of the psychologist's or physician's time both face-to-face time with the recipient and time interpreting test results and preparing the report.
 - Neuropsychological testing, with qualified health care professional interpretation and report, administered by technician, per hour of technician time, face-to-face.
 - Neuropsychological testing, administered by a computer, with qualified health care professional interpretation and report

The following rehabilitative services are allowable when provided directly by a physician, psychologist, advanced practitioner of nursing, or other licensed practitioner of the healing arts. Or, one of the practitioners listed below when under the supervision of a physician, psychologist, advanced practitioner of nursing, or other licensed practitioner of the healing arts:

- Mental Health Assistant (MHA) as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs who is working under the documented, scheduled supervision of a physician, psychologist, licensed advanced practice registered nurse or licensed mental health professional.
- Mental Health Technician (MHT) as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs who is working under the documented, scheduled supervision of a physician, psychologist, licensed advanced practice registered nurse or licensed mental health professional.
- Certified Peer Specialist who meets the criteria and supervision requirements of a MHT as specified in the Wyoming Standards for the Operation of Community Mental Health and Substance Abuse Programs, is certified by the Mental Health and Substance Abuse Services Division of the Wyoming Department of Health and who is working under the documented, scheduled supervision of a physician, psychologist, licensed advanced practice registered nurse or licensed mental health professional.

Health and Behavior Assessment/Intervention

Health and behavior assessment procedures are used to identify the psychological, behavioral, emotional, cognitive, and social factors important to the prevention, treatment, or management of physical health problems.

The focus of the assessment is not on mental health but on the biopsychosocial factors important to physical health problems and treatments. The focus of the intervention is to improve the recipient's health and wellbeing utilizing cognitive, behavioral, social, and/or

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psychophysiological procedures designed to ameliorate specific disease-related problems. Services provided to family members must be for the direct benefit of the Medicaid recipient.

- Health and behavior assessment (e.g., health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with the recipient; initial assessment
 - re-assessment
- Health and behavior intervention, each 15 minutes, face-to-face; individual
 - group (2 or more recipients)
 - family (with the recipient present)
 - family (without the recipient present)

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